



Fudge Sundae Pie Recipe

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My son always asks for this guilt-free frozen yogurt pie for his birthday. Complete with peanut butter, fudge topping and nuts, it tastes ice cream parlor-good...but it's healthier.
—Margaret Hanson-Maddox, Montpelier, Indiana

TOTAL TIME: Prep: 20 min. + freezing **YIELD:** 8 servings

Ingredients

- 1/4 cup plus 3 tablespoons light corn syrup, divided
- 3 tablespoons reduced-fat butter
- 2 tablespoons brown sugar
- 2-1/2 cups crisp rice cereal
- 1/4 cup reduced-fat creamy peanut butter
- 1/4 cup fat-free hot fudge ice cream topping, warmed
- 1/4 cup chopped unsalted peanuts
- 4 cups fat-free vanilla frozen yogurt, softened

Directions

1. In a large saucepan, combine 1/4 cup corn syrup, butter and brown sugar. Bring to a boil; cook and stir for 1 minute.
2. Remove from the heat; stir in cereal until blended. Press into a greased 9-in. pie plate.
3. In a small bowl, combine the peanut butter, hot fudge topping and remaining corn syrup. Set aside 1/3 cup for topping. Spread remaining mixture over crust; sprinkle with half of the peanuts. Top with frozen yogurt. Freeze, covered, for 6 hours or until firm.
4. Warm reserved peanut butter mixture; drizzle over pie. Sprinkle with remaining peanuts. Let stand at room temperature for 5 minutes before cutting. **Yield:** 8 servings.

Editor's Note: This recipe was tested with Land O'Lakes light stick butter.

Nutritional Facts

1 piece: 300 calories, 7g fat (2g saturated fat), 7mg cholesterol, 253mg sodium, 53g carbohydrate (33g sugars, 1g fiber), 9g protein.